

Memories from the Heart 2022



One ending is another beginning...



The Sacred Heart School of Montreal



**3635 Atwater Avenue
Montreal, QC
H3H 1Y4**

**Memories from the Heart 2022
www.sacredheart.qc.ca
(514) 937-2845**



The past two and a half years have not been easy. We have been stuck in our own bubbles, both literally and figuratively. This year, we are finally...

**BURSTING
out**



BURSTING OUT

ADMINISTRATION, FACULTY & STAFF	P.4-9
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Head of School

To the Class of 2022,

You are about to take your first steps into your future beyond the walls of Sacred Heart, after accomplishing so many extraordinary goals here. But what defines an accomplishment, really?

You should definitely be proud of your grades, or the prizes you may have received. Every banner or award won or extracurricular activity participated in holds great importance, but your graduation is the true accomplishment. You have all contributed so much to the spirit and the soul of Sacred Heart in ways that words cannot describe. Our younger students have looked up to you as you have paved the road with grace for them to follow.

No child does it alone – as they say, it takes a village, and in our case, a community. A child who learns and grows does so with the help of many people, especially their parents and teachers. We celebrate you, our graduates, for your great work and accomplishments,

but we must not forget the critically important role your parents and teachers played. They have been by your side all along this journey, guiding, leading, prompting and applauding!! Let us recognize and salute your parents and teachers whose love and dedication have shaped you into the fine young people you are today. We owe them a great debt of gratitude!!

Your teachers have commended your kindness and enthusiasm that you have brought not only to their classrooms but to Sacred Heart as a whole. Aside from all of the activities you have participated in – the amount of talent in this grade is outstanding – most importantly, your teachers highlighted your passion for social justice and standing up for people's rights, as well as your determination to make a difference in your communities and the environment. Most of all, they are proud of your respectfulness and your support for each other and for the younger students. Your kind-heartedness and welcoming attitude will be greatly missed by faculty, staff, and your fellow students.

Going to school isn't just about getting the best grades or getting into the best universities, it's about learning and growing. The truth is, you're not going to get very far in life based on what you already know. The only way you're going to move forward in life is with what you're going to learn after you leave here. When you look back on your time at Sacred Heart in a few years or decades from now, you won't remember any missed homework, or the times when you didn't do as well as you wanted to. You'll remember the memories you've shared with friends and teachers, and the lessons you've learned. Life will inevitably bring on new challenges. Though we cannot live life without fear, we must not let our fears get in the way of living our lives.

Allow those feelings to be the fuel that ignites the fire within you. Be the heroine of your own story and try to play a role in creating a world you want to live in. You're in constant evolution, and understanding the kind of person you want to be is half the battle. While you are evolving and determining what your next steps ought to be, remember to savour the small moments in between while pursuing your interests and accomplishing your goals, whatever they might be, and never be afraid to learn something new. The great educator, Professor Feynman, once affirmed that "failure is only a beginning." Another great educator that you may know a little better, Mr. Angelo Gallo, said much the same: "Failure is not final; it's formative." And as the famous Wayne Gretzky quote goes, "You miss 100% of the shots you don't take." What do all of these quotes have in common? Don't be afraid to take risks, and never be afraid to make mistakes. As Saint Madeleine Sophie Barat often said, do it with courage et confiance!

Over the course of your journey through high school, I've seen all of you mature into determined young adults who are ready to make a difference in the world. But what that difference consists of depends solely on you. Whether you find a cure for disease, or make someone's day better simply by being there for them, make that difference matter and do so with kindness and care, because above all, that is what we have tried to teach you here at Sacred Heart.

Class of 2022, I speak for all of our faculty and staff when I say that it's been a privilege to watch you grow into the extraordinary, resilient young women that you've become. Remember to hold onto your beliefs, compassion, and determination, because no matter where you go in the future, they will serve you well.

In conclusion, I would like to give a heartfelt thank you to Ms. Michelle Lessey, not only for her dedicated work on this year's Memory Book, but for her excellent work on this annual souvenir over the course of many years. She has always strived to showcase the very best of our students and the many diverse activities they have participated in, and once again this year, she has done so very successfully. On behalf of the entire school, thank you, Ms. Lessey!!

Director of Academics

Congratulations class of 2022 for arriving at the finish line of your high school journey after five years that probably looked very different from what you would have imagined as little Secondary One students walking through the Doctor Penfield doors. I have watched you face and overcome many individual challenges especially in the last two years and I am very proud of what you have accomplished. I am grateful to the faculty and staff, your parents and your families for supporting you in achieving this tremendous milestone because walking alongside a teen through high school is an adventure.

I know many of you leave Sacred Heart with a passionate drive to tackle diverse social issues facing our world but often feel the weight of an uncertain future on your shoulders. Having taught some of you this year, I have held your fears close to my heart and we have grappled with topics and worries about the insecure world you inherit. We looked at equity, poverty, the environment, education, mental health and many other topics in need of our concern and so much was heavy. But we also discussed, debated, designed solutions, and analyzed them critically. We laughed, we shared, we were vulnerable and we looked for creative and innovative ways forward... and I believe this is the future. To find solutions, to act towards the change you wish to see, and to really deeply enjoy every moment as the blessing it is. BE PRESENT, get out of your head, off your phone and your social media feed, and taste the everyday wonders around you.

As you leave the sanctuary of our school, I hope that you see each day, each moment and each breath as precious - full of possibility and opportunity. There are succulent flavors to tantalize your senses and rich experiences to relish if you inhale the smells and sensations deeply. Life is delicious. It invites us to a glorious feast where we are blessed with the chance to be better and do better each day. I wish you all a future where you can enjoy all the sweet and scrumptious delights that come your way AND that you are able to swallow the bitter morsels with faith that they may have a purpose in helping you grow. Prepare your meals with intention and love, and before you indulge - bow your head and be grateful for what you are about to receive. I hope you are invited to feast around tables where you are loved, seen and heard - with people who inspire you, make you laugh, and bring you hope. And when there is no company, and you sit alone - I hope you invite yourself to join you for comfort and solace like an old, dear friend.

I hope you feel satisfied but not stuffed. That you slow down, turn off the noise and chew every bite, feeling your soul being nourished by goodness and digesting carefully the sensory overload that surrounds you. Work to refine your palate. Be picky about what you put in your body and mind. Eat your fruits and vegetables. Limit the garbage, and when you drink, drink deeply and let it wash down the day's stressors and negativity. And of course, treat yourself to dessert sometimes, because dessert is just awesome.

Remember that people & kitchens are different, they have access to different ingredients and recipes - their plates look different, and yet we are all united in our common need to sustain ourselves. Remain humble wherever you sit, keep an open-mind and a compassionate heart towards everyone you meet.

In the chaotic beauty of tomorrow, choose to find solutions and meaning in the everyday ordinary delectable moments. Hear the call of what serves your soul and what then heals your world. Go with courage and confidence knowing the values of your Sacred Heart education are forever with you. You have been given an exquisite gift. Savour all that it has to offer and in the words of Henry David Thoreau (my favourite poet), "suck out all the marrow of life."

Bonne Appétit Mes Amies! Until we meet again...

Ms. Maloni



Director of Student Services

Dear Graduates,

You have successfully completed your high school career and now it is time to move on. You are ready and poised to take on whatever may come your way as you have created a solid foundation for yourself here at Sacred Heart. It has truly been an honour to watch you grow and become the leaders of tomorrow. I want you to think about what you can contribute to the world and how you can create a world that you want to live in. Think about what will make you happy because when you find what you were meant to do, it will feel right. Learn from every mistake because every experience, encounter, and particularly your mistakes are there to teach you. You are all bright and hardworking students with a ton of potential. I hope that our paths cross again as I'm so excited to see what the future holds for you and what you are going to do with it.

In 30 years from now, it won't matter what shoes you wore, how your hair looked, or the jeans you bought. What will matter is what you learned and how you used it.

Please come visit us and know that Sacred Heart will always be your home.

Erika Rath
Director of Student Services



Faculty & Staff



Lisa Arella



Julian Beauvais



Rebecca Benizri



Iveth Bosmediano



Isabel Brinck



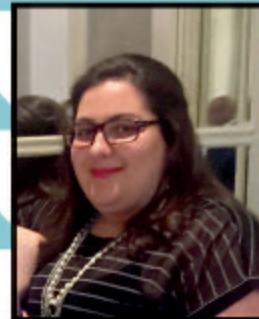
Stephanie Broadhurst



Maureen Brown



Marie-Christine Cyr



Cassandra D'Amico-Mazza



Gabriella D'onofrio



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Nadia Floriani



Luigi Fratta



Josh Friedmann



Angelo Gallo



Catherine Gauthier



Pooyan Haghighat



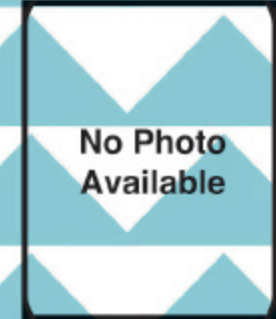
Joan Harrison



Sarah Jones



Peter Judson



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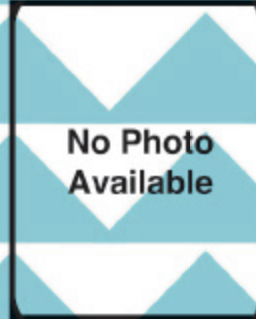
Amanda Kitik



Jaya Knauff



Alexandra Lantosh



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Krystal Lapierre



Marie-Elaine Laquerre



Lili Le Fèvre



Michelle Lessey



Nia Leventis



Kristina Lisak



Megan Littman



Jasmin Marchlewski



Giovanna Mazzariello



Gisela McIvor



James McRae



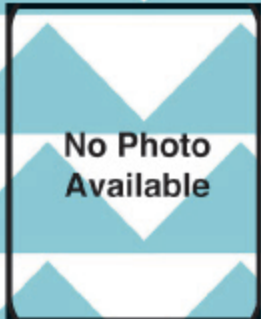
Toula Michalakos



Jennifer Newton

2

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Sonny Nicholas



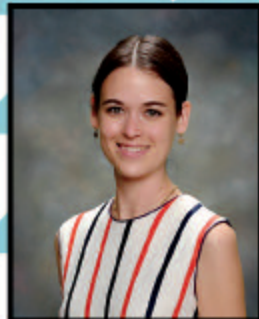
Colleen O'Donnell



Hélène Pagette



Polly Palumbi



Myriam Phaneuf

2



Lauren Quintal



Miranda Ramchatesingh



David Reda



Gedi Snapkauskas



Anita Tso

2



Aran Waldbrook



Peter Ward



Dora Zanni

High school is what kind of
grows you into the person
you are.
-Tom Colicchio

Education is what remains after one has
forgotten what one has learned in school.
-Albert Einstein

In school, you're taught a
lesson then given a test. In
life, you're given a test that
teaches you a lesson.
-Tom Bodett



Change is the result of all true learning.
-Leo Buscaglia

FACULTY CANDIDS



GOOD TIMES...





CONGRATULATIONS
ON
YOUR RETIREMENT!





Bursting with Pride **STUDENTS**

SEC 1

P. 12-13

SEC 2

P. 14-15

SEC 3

P. 16-17

SEC 4

P. 18-19

RETREATS

P.20-23

GRADE 12

P. 24-25

Gabriella Abarbanel
Sienna Annisi-Palmieri
Victoria Arcaro
Zoe Bahos
Thea Blundell
Eva Cacchione
Mara Cacciola



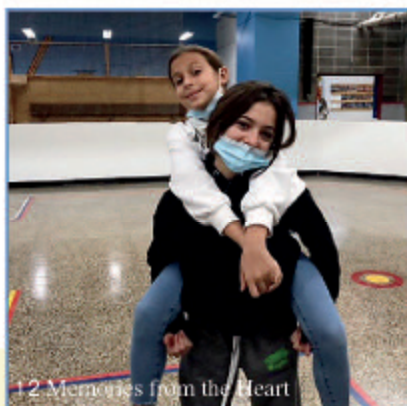
Siena Caprera
Daniela Carmosino
Yoonji Cho
Sarah Christakis
Valentina Christiano
Vivian Cochrane
Olivia Colacci



Sara Corsi
Paige Coveyduck
Avery D'ambrosio
Arianna Del Rosario Lipari
Maria Madison Di Giovanni
Sarah Discepola
Sophia Eleanor Elhami



Julia Espana Vera
Sophia Fiore
Elena Frappier-Temcheff
Heidi Gagnon
Emma Gobbi-Dick
Olivia-Athena Hammer
Carmen Maria Hueppin



SECONDARY 1

Class of
2026



Jessika Iorio
Victoria Lee
Emily Locke
Megan Maselli
Keira Mawhinney

Kaley McLeod
Alyssa Ment-Khoury
Justine Monette
Alessandra Mucciardi
Siena Sofia Muzzo

Grace Watatewennio Myiow
Antonia Pontillo
Elisabetta Roselli
Daya Kaur Saini
Rishika Sarkar
Victoria Jane Shemie
Claire Singer

Mikaila Maria Tilden
Isabella Triassi
Alexandra Turk
Siena Velenosi
Yilin Wang
Avery Webster



What would you like to learn about?

Making movies or videos

42%

Chemical reactions

26%

How to write a book

15%

How to build things

9%

Alysia Addona
Gabriela Angulo Feutchmann
Havana Bériault
Konwatsenhain Barnes
Emily Berkling Drouin
Alexandra Botsis
Evangelia Botsis



Annabella Brassard
Sofia Nerissa Campagna
Katherine Del Torto
Skyla Derix



Rosamarie De Fazio
Lucca Di Ioia
Amelia Diamantopoulos
Siena Emili



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SECONDARY 2 *Class of 2025*



Marley Goodleaf
Anaya Khan
Teya Konanec
Emmanuela Lombardi
Morgan McGravie

Ciara McKenzie-Tomasino
Gabriella Mura
Arianne Lily Odulio
Victoria Ong
Ina Patten

Justine Pritchard
Sarah Rondina
Sofia Scalzo
Samara Taylor Couchman
Anastasia Tsantes
Vivienne Worley
Suah Yoo



What's your favourite time of day?

Evening

55%

Afternoon

26%

Morning

19%



Kaila Marina Bhedwar
Rosalie Campanella
Lara Capozzo
Olivia Carmosino
Maya Carter Allatt
Bianca Catallozzi
Charlotte Charbonneau



Rosie Colapelle Spatari
Mariana Cordeiro Guzman
Angelica Crescenzi
Violetta D'andrea



Mia Di Caprio
Stefania Di Florio
Lianne Discepola
Angelina Ferri



Sophia Filipchuk
Allissa Gangai
Andrea Garone
Alessandra Giammaria
Lisa Maria Giammaria
Portia Haddad
Marianne Hannan



SECONDARY 3 *Class of* 2024



Sofia Heguy
Jenna Hickman
Nan Jiang
Kaya Kubisztal

Nicola Lee
Anastasia Malatesta
Brianna McLeod
Margaret Molson

Véronique Paquette
Gabriella Pandin
Marra Mona Phillips
Hannah Robertson
Saiya Saini
Giulia Sicoli
Giada Stabile

Krystyna Magdalena Tomiuk
Sofia Tsantes
Eleni Vassalos
Morgan Williams
Zihan Wu
Jianqiling Zhao



What is your favourite school event?

Sports Day

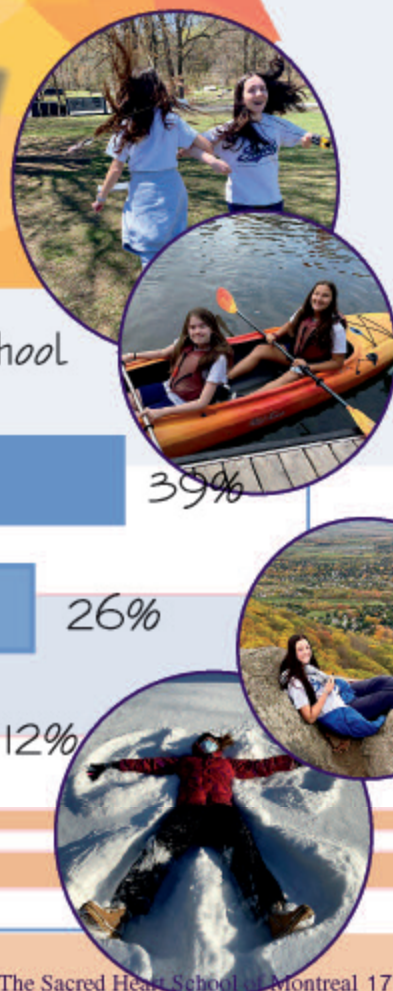
39%

Girls for the Cure

26%

Spirit Day

12%



Angela Anastopoulos
Mackenzie Nicole Baldry
Carolyn Berkling Drouin
Olivia Blizzard
Chloe Blundell
Olivia Bourret
Mackenzie Boyle



Kiara Caprera
Emma Catallozzi
Pak Yung Janice Chan
Yoonha Cho



Sabrina Colella
Maya Djurovic
Marlena Ching Laam Fok
Jenna Hagley



Kiara Lavallo-D'andrea
Alik Markarian
Katya Markarian
Julia Mazzarello
Kaitlyn Ment-Khoury
Kaylin Montour
Bianca Paolucci



SECONDARY 4

Class of
2023

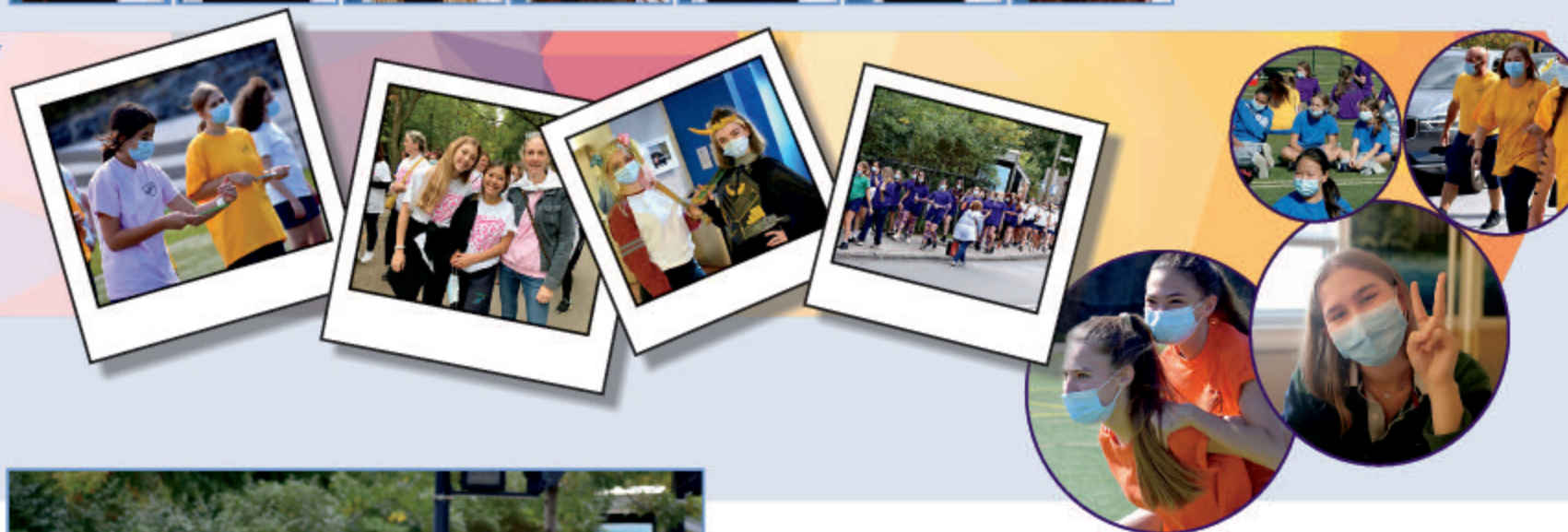


Erica Paul
Maya Piscopos
Sarah Price

Alexandra Scodras
Xihe Shi
Téa Smeraglia

Emily Stevenson
Gabriella Szanajda Monticciolo
Lucy Tretiak
Marianna Triassi
Jacqueline Vincelli
Raffaella Vincenti
Yixuan Wang

Madison Wareham
Cassidy Wilson
Celeste Zabbal
Melodie Zabbal
Ariana Zaccigna
Keira Zerbino
Yuwen Zhang



Do you prefer shopping or
listening to music?



Listening to music

65%

Shopping

35%



Sec

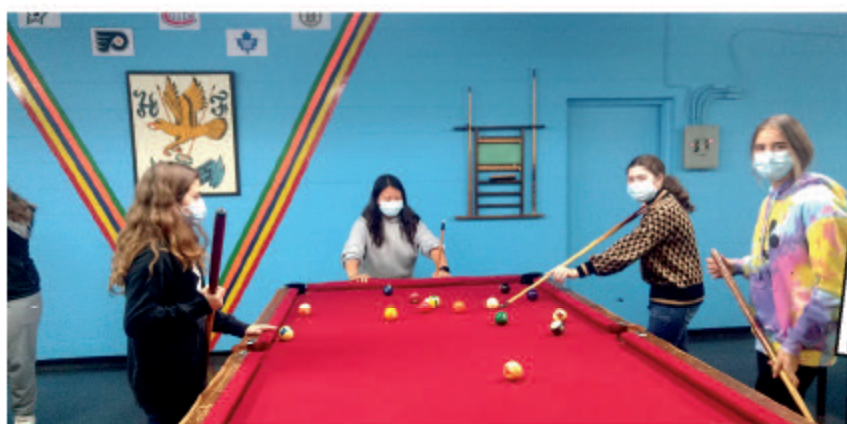
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Retreat



We start our journey...





We choose our path...



Sec 3

Retreat



Friends are the people in your life
who make you smile brighter, laugh
louder and live better.
- Unknown

trending Candida



Sec

4

Retreat



Our school proudly partners with OVS (Ontario Virtual School-Accredited by the Ontario Ministry of Education) to offer female students a unique opportunity to obtain an Ontario Secondary School Diploma in one of three possible program options: Social Science, Commerce, and Science.



Mathilde Barakat

Kora Blot

Hoi Yin Eunice Chan

Lok Tung Chan

Salma Jalbout



Meagan Latorre

Brooke Li Nim Nok

Wellesley McDonald

Olivia Robin

Marie Anne Rutter



Eliana Saba

Yichen Shen

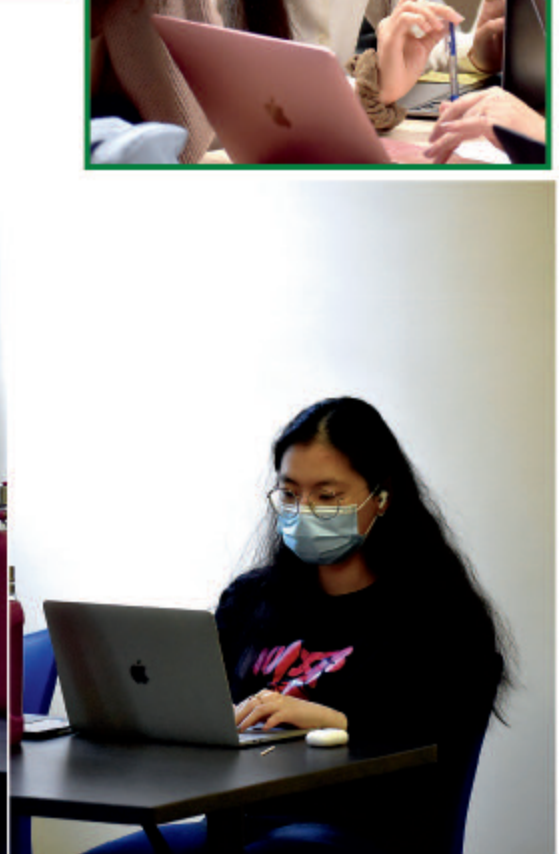
Kexin Wang

Fanghua Yang

GRAD

grade
TWELVE







A Burst of Activity **STUDENT LIFE**

PREFECTS & STUDENT LEADERS

P.28-29

HOUSES

P.30-33

SPORTS DAY

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GIRLS FOR THE CURE

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COMMUNITY SERVICE DAY

P.37

SPIRIT DAY

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CHRISTMAS

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SEMAINE DE FRANÇAIS

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DASHABUSTADD

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ORANGE SHIRT DAY

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HOOPS FOR HOPE

P.45

FINAL PRODUCTION

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ARTS FESTIVAL

P.48-49

SSX

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FOUNDER'S DAY

P.52-53

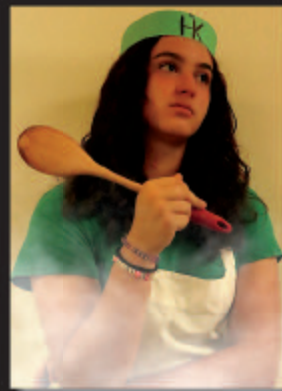
BOARDING

P.54-55

CANDIDS

P.56-57

HEAVEN'S KITCHEN



COORDINATORS

ART CLUB



ENVIRONMENTAL



Class Reps



Sienna
Annisi-Palmieri



Daya Saini



Elena
Frappier-Temcheff



Skylar Derix



Ciara McKenzie-
Tomasino



Allissa Gangai



Bianca Catallozzi



Julia Mazzarello



Mackenzie Boyle



Madison Beriault



Elia Paré



SCHOOL LEADERS

GAA's





House Head: Chiara Caucci
Co-Captains: Mackenzie Baldry, Kiara Caprera, Victoria Paquette



Barat



House Head: Chiara Paolitto
Co-Captains: Maggie Molson, Giada Stabile, Jacqueline Vincelli



Digby





Duchesne



House Head: Lorena Migliorelli
Co-Captains: Mackenzie Boyle,
Emma Catallozzi, Elia Pare



DuRousier



House Head: Ocean Mossey
Co-Captains: Amelia Coates,
Erica Paul, Emily Stevenson



House Head: Chiara Colafabio
Co-Captains: Madison Beriault,
Sabrina Colella, Bianca Paolucci



Hardey



House Head: Mikayla Forlini
Co-Captains: Stefani Anania,
Rosalie Campanella



Stuart





Sheldon



House Head: Immacolata Lombardi
Co-Captain: Angelina Ferri



Trincano

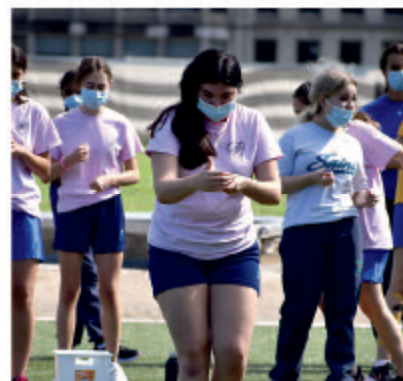


House Head: Meganne Zabbal
Co-Captain: Madison Wareham



And the winners are...

1st: Barat
2nd: Digby
3rd: Trincano
Spirit: Duchesne



SPORTS DAY

This year, although the pandemic was still severe, the masks did not stop our passion. The GAA's designed a special day for us. We walked to McGill to participate in our first ever relay race Sports Day that culminated in a tug of war between the houses. We cheered loudly, played hard, lost our voices and had a blast!



The
Organizers



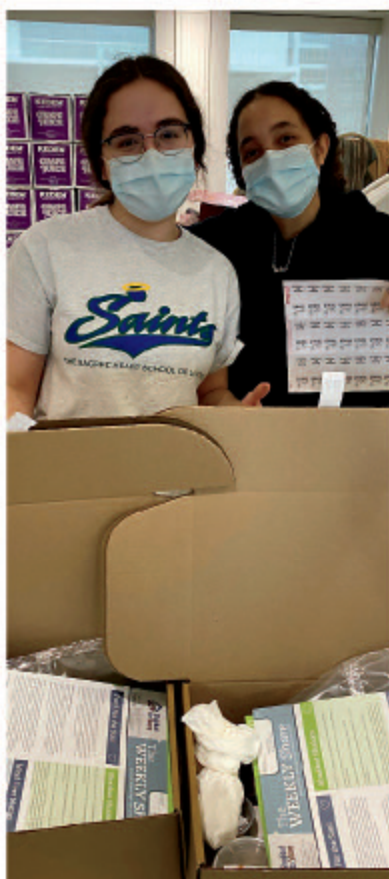


Girls for the Cure

Committee Members



Community Service Day



Spirit Day

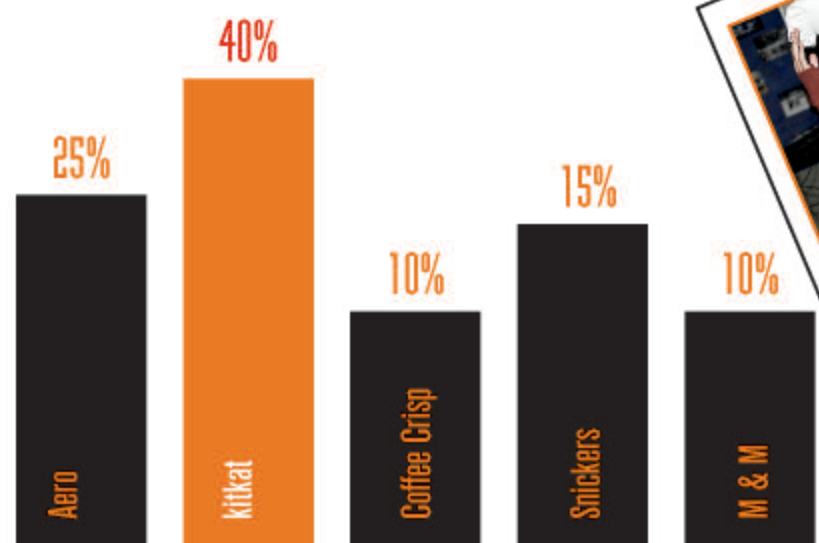
Happy Halloween



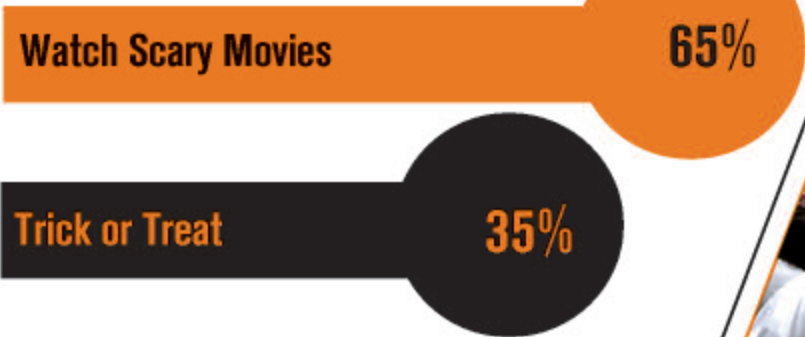
Costume Contest Winner:



What is your favorite candy?



What would you rather do for Halloween?





This year's Christmas Wishes featured four vignettes each written and co-directed by students: "An Oddly Jolly Christmas" by Emma Catallozzi, "The Elves that Saved Christmas" by Julia Kubisztal and Olivia Diamantopoulos, "Christmas at Sacred" by Sienna Béliveau and Felicia Presti, and "Saint Beauvais" by Carolyn Berkling Drouin and Chloe Blundell.

A very special thanks to Mme Gauthier, Ms. Brown and Ms. Jones for all their help in making Christmas Wishes 2021 a success.



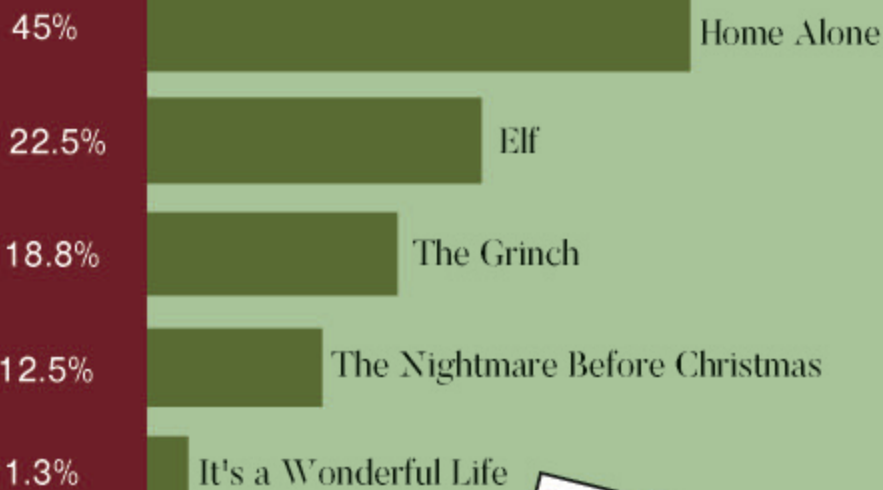


Sacred Heart students participated in Christmas baskets and shoe boxes as well as a host of other activities for the Advent Calendar, such as Pictures with Santa, a Just Dance competition and Christmas Sweater Day among others.

Christmas at the



What is your favorite Christmas movie?



Semaine de Français

CLB



Le CLB cette année a été présenté par Valentina Christiano, Alexandra Botsis, Victoria Arcaro, Megan Maselli, Suah Yoo, Ariana Zacchigna, Olivia Blizzard, Morgan Williams, Bianca Catallozzi, Sienna Béliveau et Erica Paul.



Cette année, la semaine de français était simplement magique. Le CLB, la visite d'Élémo et les incontournables films étaient captivants! Et que dire de l'excellente tire d'érable!

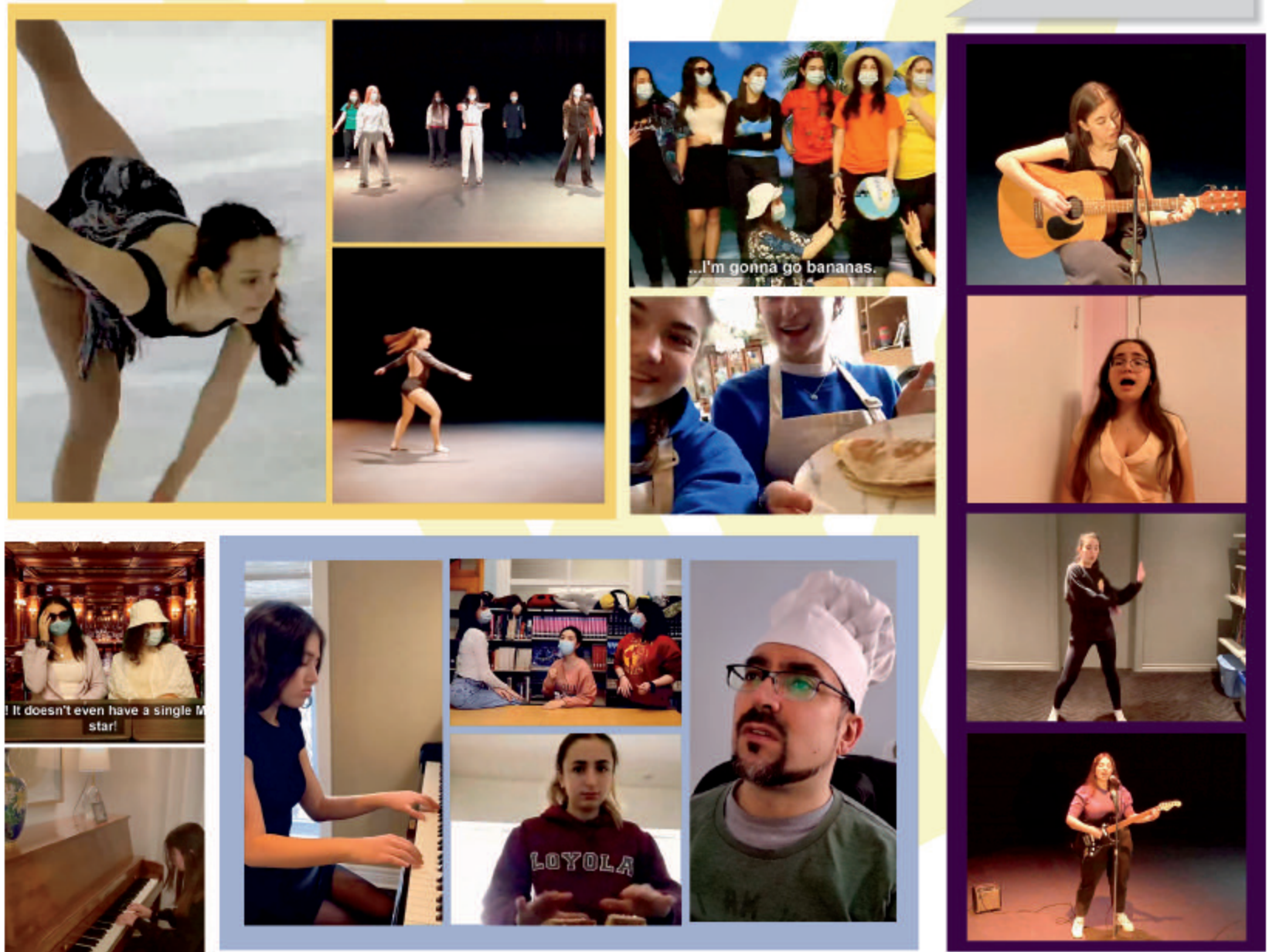
- Mme Phaneuf



Activities



Dashabustadd



This year's Dashabustadd featured performances by Maria Madison Di Giovanni, Eva Botsis, Alex Botsis, Ina Patten, Emily Berkling- Drouin, Rosamarie De Fazio, Amelia Diamantopoulos, Teya Konanec, Morgan McGravie, Suah Yoo, Anastasia Tsantes, Arianne Odulio, Sarah Rondina, Lisa Maria Giammaria, Marlena Fok, Yixuan Wang, Gabriella Monticciolo, Janice Chan, Yuwen Zhang, Rebekka Jonasson, Madison Wareham, Jacqueline Vincelli, Stefani Anania, The Prefects, Charlotte Cochrane, Amelia Coates, Emma Heguy, and Mackenzie Boyle.

TRUTH AND RECONCILIATION



CLUB



ORANGE SHIRT DAY





HOOPS FOR HOPE



LOOK WHO'S BALLIN'

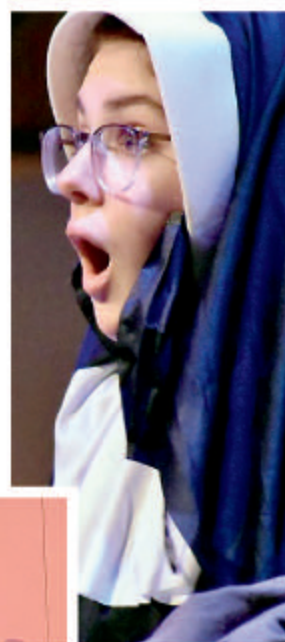




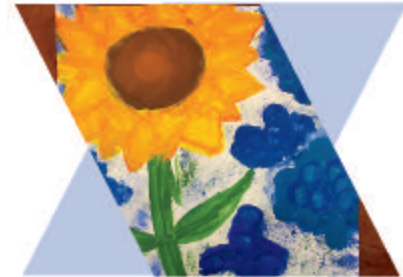
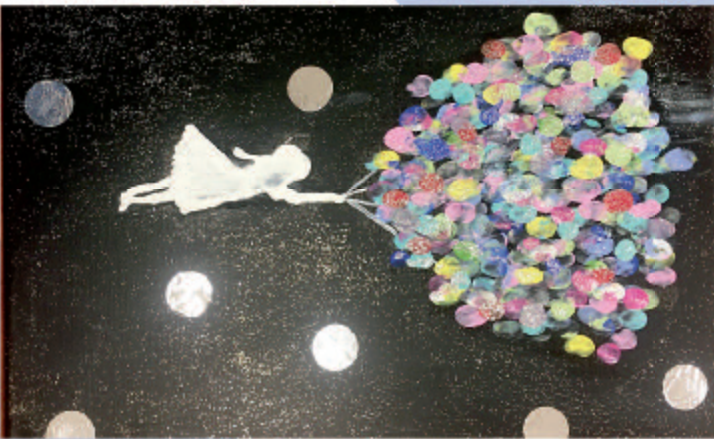
FINAL PRODUCTION



DRINKING HABITS



Arts Festival



48 Memories from the Heart





A survey conducted by AARP shows that music listeners had higher scores for mental well-being and slightly reduced levels of anxiety & depression compared to people overall.

Concert Band

When 13 older adults took piano lessons, their attention, memory and problem-solving abilities improved, along with their moods and quality of life. (John Hopkins Medicine)





The Inside Scoop ...

Sofia A., Amelia C., Salma H., Zoe L., Sofia R., Sofia C



Cheese 'N' Beads ...

Kristina B., Brenna D., Rebekka J., Keisha M., Elia P., Lucia V-I.



Breakfast & Beads ...

Chiara C., Jasmine H., Imma L., Victoria P., Sienna B., Olivia O.



House of Holidays ...

Lily C., Mikayla F., Penelope K., Lorena M., Simona R-T., Jasmine Z.,

Best School Spirit

Best School Spirit, Outstanding Innovation Award, Best Packaging & Presentations, Best Business Photo



Ready-Set-Sell!

Student Stock Exchange

Christmas Edition



Mama's Waffleria ...

Madison B., Taryn C-C., Kieran G., Julia K., Ocean M., Mariam R.



Central Brew ...

Rhea C., Jenna D., Erika I., Samantha M., Chiara P.

Best School Spirit, Best Video Commercial



Hole-y-Holidays ...

Stefanie A., Charlotte C., Lisa Marie F., Qi J., April M., Felicia P.

Entrepreneurs for Others, Best School Spirit



Beaver Barn ...

Chiara C., Olivia D., Emma H., Meggie L., Srah P., Méganne Z.



Founder's Day

Be humble, be
simple, bring joy to
others.

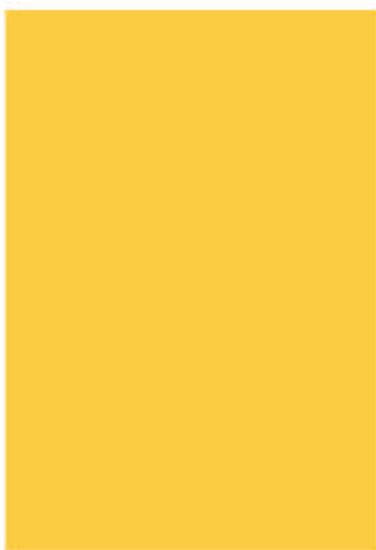
- Madeleine Sophie Barat

Perhaps one of the most important days at any Sacred Heart School, is Founder's Day, a day to celebrate Saint Madeline Sophie Barat.



2 Words...
**BOUNCY
CASTLE**





LOOK WHO'S PLAYING AROUND



home away
from home

a week in the life

Monday

Tuesday

Wednesday

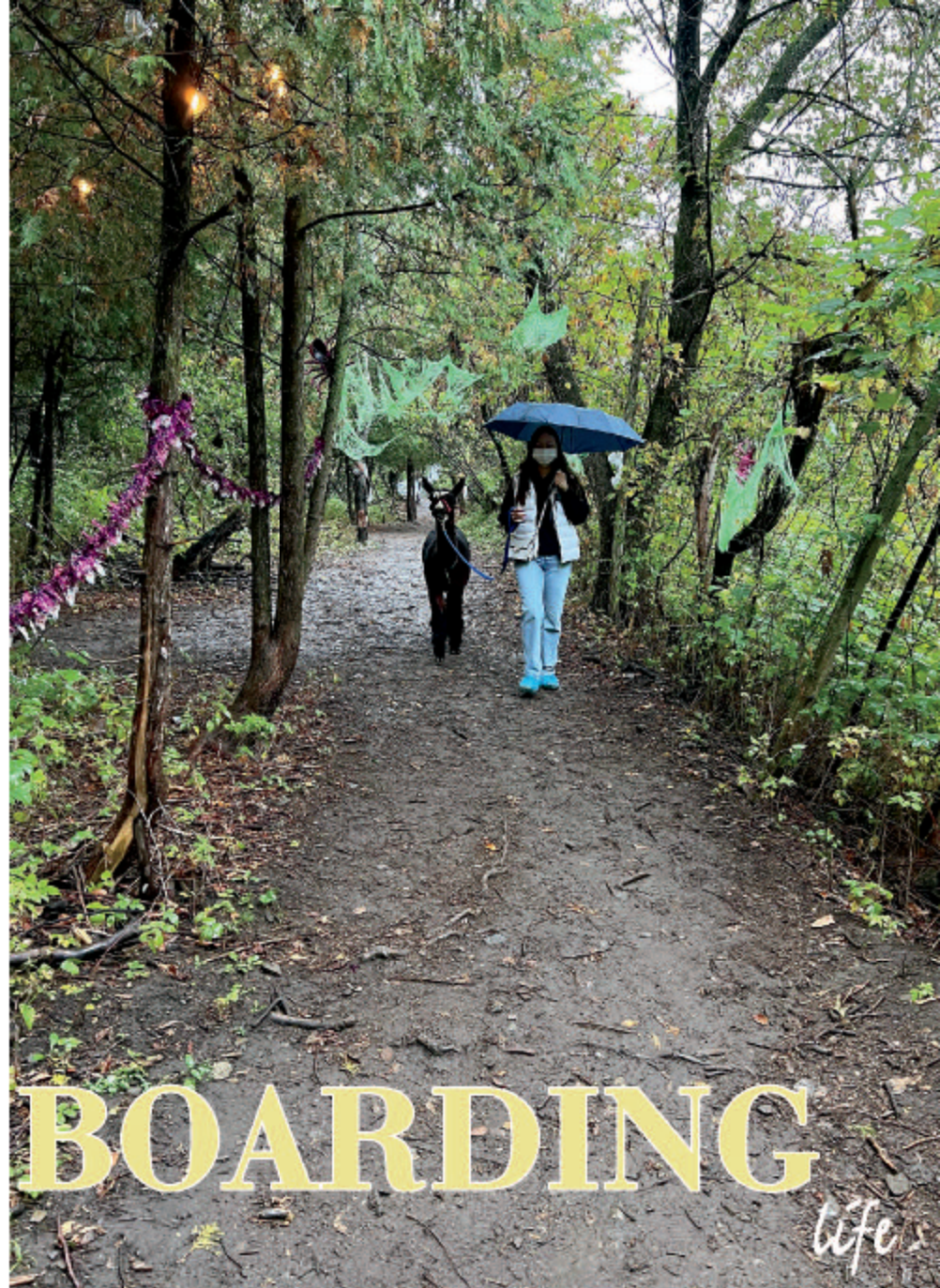
Thursday

Friday

Weekend!

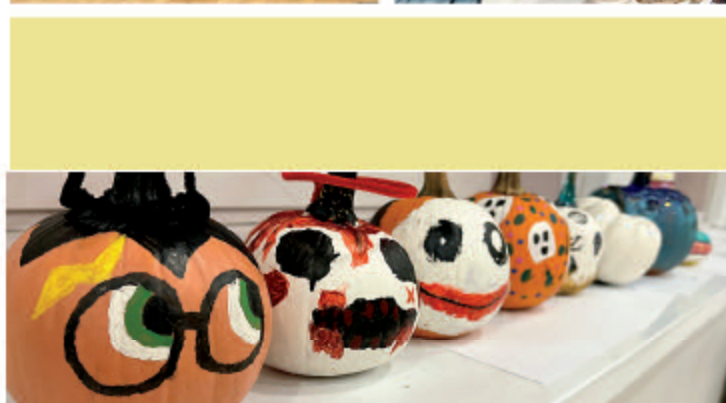


TAKE
THE TIME
TO GET
OUTSIDE



BOARDING

Life



the
TIME is now

EXPLORING MONTREAL

& SURROUNDINGS

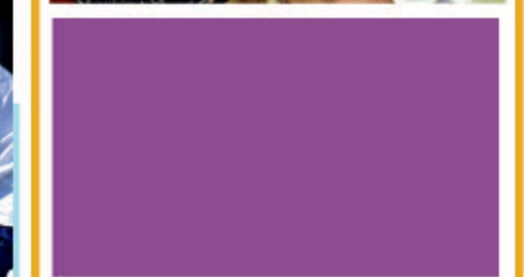
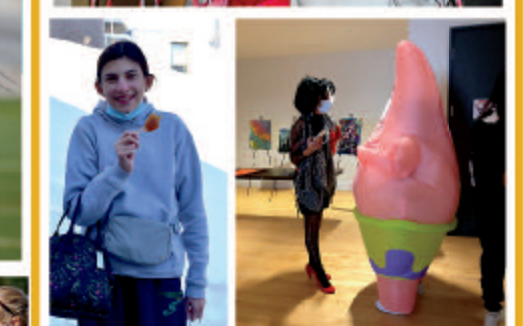


CITY LIFE
COUNTRY LIFE



CANDIDS

CANDIDS
CANDIDS
CANDIDS



**SOMETHING
ELSE**









A Burst of Energy **SPORTS & CLUBS**

GOLF & CROSS COUNTRY

P.61

VOLLEYBALL

P.62

SOCCER

P.63

BASKETBALL

P.64

HOCKEY, SWIMMING, TENNIS

P.65

BADMINTON, HALO, TRACK & FIELD

P.66

FLAG FOOTBALL

P.67

SPORTS BANQUET

P.68-69

CLUBS

P.71-73

ROBOTICS

P.74

GREEN TEAM

P.75

We Are The Saints





Coach: Ms. Newton

Carolyn Berkling Drouin
Emily Berkling Drouin
Evangelia Botsis
Violetta D'Andrea



Coach: Ms. Newton

Siena Caprera, Sophia Eleanor Elhami, Victoria Lee,
Grace Watatewen:niio Myiow, Justine Pritchard



Coach: Ms. Newton

Olivia Blizzard, Violetta D'Andrea, Rosie Colapelle
Spatari, Kiara Caprera, Sabrina Colella, Jenna Hagley,
Julia Mazzarello, Hannah Robertson, Emily Stevenson



Coach: Ms. Newton

Mackenzie Baldry
April McLeod
Gabriella Szanajda Monticciolo



Coach: Ms. Quintal
Assistant Coach: Ms. Lantosh

Sarah Christakis
Arianna Del Rosario Lipari
Sophia Eleanor Elhami
Elena Frappier-Temcheff
Teya Konanec
Gabriella Mura
Arianne Odulio
Justine Pritchard
Avery Webster
Suah Yoo



Coach: Ms. Lantosh
Assistant Coach: Ms. Quintal

Chloe Blundell
Olivia Bourret
Emma Catallozzi
Rosie Colapelle Spatari
Mariana Cordeiro
Lianne Discepolo
Maya Djurovic
Andrea Garone
Jenna Hagley
Margaret Molson
Lucy Tretiak



Coach: Ms. Littman

Sienna Béliveau
Stephanie Chan
Lily Christopoulos
Chiara Colafabio
Olivia Diamantopoulos
Lorena Migliorelli
Olivia Odorisio
Sarah Pani
Emily Stevenson





Bantam Soccer

Coaches: Mr. Gallo and Ms. Marchelewski

Alysia Addona
Victoria Arcaro
Thea Blundell
Mara Cacciola
Siena Caprera
Valentina Christiano
Olivia Colacci
Lucca Di Ioia
Katherine Del Torto
Olivia-Athena Hammer
Victoria Lee
Ciara McKenzie Tomasino
Kayley McLeod
Alyssa Ment-Khoury
Alessandra Mucciardi
Ina Patten
Daya Saini
Victoria Shemie
Siena Velenosi



Coach: Ms. Newton

Mackenzie Baldry
Kiara Caprera
Sabrina Colella
Jenna Downey
Salma Hanano
Erika Iorio
Sam Marino
Julia Mazzarello
April McLeod
Chiara Paolitto
Bianca Paolucci
Simona Ranieri-Thompson
Raffaella Vincenti
Madison Wareham
Celeste Zabbal
Méganne Zabbal
Melodie Zabbal



Juvenile Soccer D3

Coach: Mr. McRae

Havana Bériault
Kaila Marina Bhedwar
Rosalie Campanella
Maya Carter Allatt
Bianca Catallozzi
Charlotte Charbonneau
Amelia Coates
Taryn Costigan-Coleman
Skyla Derix
Amelia Diamantopoulos
Sofia Heguy
Sarah Price
Sarah Rondina
Sofia Sadurni
Sofia Scalzo
Giulia Sicoli
Giada Stabile



Juvenile Soccer D4

Coach: Antonio Ribeiro

Kaila Marina Bhedwar
Maya Carter Allatt
Bianca Catallozzi
Katherine Del Torto
Skyla Derix
Amelia Diamantopoulos
Lucca Di Ioia
Victoria Lee
Ciara McKenzie-Tomasino
Kaley McLeod
Alyssa Ment-Khoury
Sarah Rodina
Daya Saini
Victoria Shemie



RMPUS



Bantam Basketball

Coaches: Ms. Littman and Erika Delucilla

Gabriella Abarbanel
Victoria Arcaro
Mara Cacciola
Siena Caprera
Valentina Christiano
Arianna Del Rosario Lipari
Jessica Iorio
Victoria Lee
Megan Maselli
Kaley McLeod
Alyssa Ment Khoury
Justine Monette
Siena Velenosi



Coach: Mr. Garone
Faculty Supervisor: Ms. Quintal

Kaila Bhedwar
Maya Carter Allatt
Bianca Catallozzi
Charlotte Charbonneau
Stefania Di Florio
Amelia Diamantopoulos
Andrea Garone
Ciara McKenzie-Tomasino
Eleni Vassalos
Ina Patten
Suah Yoo



Midget Basketball

Coach: Ms. Littman

Mackenzie Baldry
Kiara Caprera
Olivia Diamantopoulos
Maya Djurovic
Erika Iorio
Samantha Marino
Julia Mazzarello
April McLeod
Margaret Molson
Bianca Paolucci
Simona Ranieri-Thompson
Emily Stevenson



Juvenile Basketball



Coaches: Ryan Rodin and Mr. Pooyan Haghighat

Emily Berkling Drouin
 Carolyn Berkling-Drouin
 Alexandra Botsis
 Olivia Colacci
 Sabrina Colella
 Zoe Lambroulias
 Kiara Lavallo-D'Andrea
 Nicola Lee
 Keira Mawhinney
 Julia Mazzarello
 Grace Watatwen:nio Myiow
 Sarah Pani
 Avery Webster



Coach: Ms. Newton

Alysia Addona , Mackenzie Baldry , Havana Bériault, Madison Bériault ,Thea Blundell , Eva Cacchione , Stephanie Chan, Angelica Crescenzi, Sophia Elhami, Julia Espana Vera, Elena Frappier Temcheff, Jessika Iorio, Teya Konanec, Emmanuela Lombardi, Immacolata Lombardi, Megan Maselli, Julia Mazzarello, April McLeod, Justine Monette, Gabriella Mura, Hannah Robertson Sarah Rondina, Sofia Scalzo, Emily Stevenson Samara Taylor Couchman, Alexandra Turk, Lucia Vizcaino De La Infesta, Madison Wareham



Coach: Ms. Rath

Gabriela Angulo Feuchtmann
 Emily Berkling Drouin
 Sarah Christakis
 Mia Di Caprio
 Lisa Maria Giammaria
 Kiara Lavallo D'andrea
 Megan Maselli
 Julia Mazzarello
 Justine Monette
 Erica Paul
 Suah Yoo
 Amelie Zellmer



Coaches: Mr. Friedmann and Ms. Newton

Emily Berkling Drouin
Alexandra Botsis
Sophia Eleanor Elhami
Olivia-Athena Hammer
Teya Konanek
Morgan McGravie
Alyssa Ment-Khoury
Rishika Sarkar
Siena Velenosi



Bantam Badminton

Coaches: Mr. Friedmann and Ms. Newton

Mackenzie Baldry
Sophia Filipchuck
Kiara Lavallo-D'Andrea
Julia Mazzarello
Erica Paul
Hannah Robertson
Saiya Saini
Alexandra Scodras
Giulia Sicoli
Emily Stevenson
Keira Zerbino



Midget Badminton

Coach: Ms. Newton

Gabriella Abarbanel
Alyssa Addona
Victoria Arcaro
Mackenzie Nicole Baldry
Lily Konwatshenhaienni Barnes
Kaila Marina Bhedwar
Alexandra Botsis
Mara Cacciola
Kiara Caprera
Siena Caprera
Maya Carter Allatt
Bianca Catallozzi
Lok Tung Chan
Charlotte Charbonneau
Olivia Colacci
Rosie Colapelle Spatari
Violetta D'Andrea
Maria Madison Di Giovanni
Sophia Eleanor Elhami
Olivia-Athena Hammer
Erika Iorio
Jessika Iorio

Nicola Maria Lee
Victoria Lee
Ciara McKenzie-Tomasino
April McLeod
Alyssa Ment-Khoury
Grace Watatwen:niio Myiow
Arianne Lily Odulio
Eliana Francesca Rhoda Saba
Sofia Scalzo
Lucinda Schmitz
Emily Stevenson
Eleni Vassalos
Siena Velenosi
Madison Wareham
Avery Webster
Amelie Zellmer



Track and Field

Coach: Ms. Littman

Mackenzie Baldry
Alexandra Botsis
Siena Caprera
Violetta D'Andrea
Erika Iorio
Victoria Lee
Julia Mazzarello
April McLeod
Alyssa Ment-Khoury
Lorena Migliorelli
Grace Myiow
Arianne Odulio
Ina Patten
Justine Pritchard
Siena Velenosi
Emily Stevenson



Halo Race

Coaches: Mr. Gallo and Mr. McRae

Alysia Addona
Emily Berkling Drouin
Thea Blundell
Mara Cacciola
Siena Caprera
Valentina Christiano
Olivia Colacci
Elena Frappier Temcheff
Victoria Lee
Ciara McKenzie-Tomasino
Kaley McLeod
Alyssa Ment Khoury
Justine Monette
Grace Watatwen:nio Myiow
Arianne Odulio
Daya Saini
Sofia Scalzo
Siena Velenosi



Bantam Flag Football



Midget Flag Football

Coaches : Ms. Newton and Ms. Quintal

Kiara Caprera
Maya Carter Allatt
Bianca Catallozzi
Charlotte Charbonneau
Sabrina Colella
Rosie Colapelle Spatari
Lianne Discepola
Andrea Garone
Alessandra Giammaria
Nicola Lee
Maggie Molson
Maya Piscopos
Alex Scodras
Eleni Vassalos
Melodie Zabal



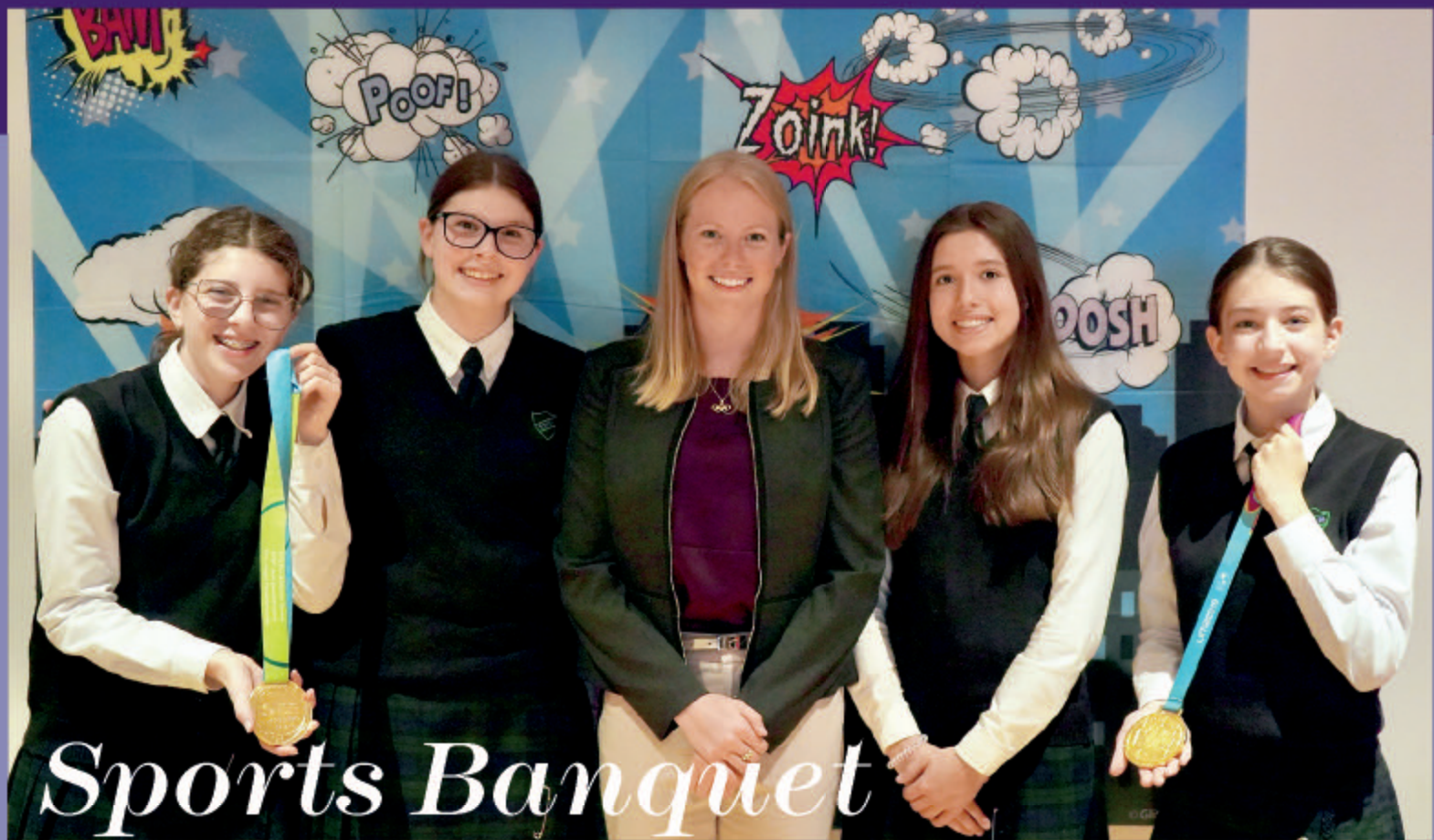
Coach: Ms. Littman

Mackenzie Baldry
Madison Bériault
Chiara Colafabio
Jenna Downey
Erika Iorio
Immacolata Lombardi
Julia Mazzarello
April McLeod
Lorena Migliorelli
Ocean Mossey
Bianca Paolucci
Simona Ranieri Thompson
Emily Stevenson



Juvenile Flag Football





Special Award Recipients



Junior Athlete of the Year:
ALYSSA MENT-KHOURY

Senior Athlete of the Year:
MACKENZIE BALDRY



The Award of Honour for Sportsmanship:
APRIL MCLEOD

The Julia Cianci Memorial Award:
SAMANTHA MARINO



ACADEMIC ACHIEVEMENT

PUBLIC SPEAKING



POETRY IN VOICE



YOUTH PHILANTHROPY INITIATIVE



QAIS WRITING
COMPETITION

MUSIC AWARDS



MNA AWARDS



Yearbook Staff

Layout



Photographers



Special recognition

Thanks for all
your help. We
couldn't have
done it
without you!



Ms McIvor



Ms Quintal



Ms Lantosh



Ms Jones

CLUBS

show choir



Advisor: Mrs. Waldbrook
Valentina Christiano
Sophia Elhami
Julia Espagna Vera
Rebekka Jonasson
Ocean Mossey
Ella Pare
Antonia Pontillo
Claire Singer
Mikaila Tilden
Siena Velenosi

Pins & Needles Sewing Club



Advisor: Mme Lisak
Marlena Fok, Sarah Price, Gabriella Szanajda
Monticciolo, Victoria Shemie, Yixuan Wang

Culture Club

Advisor: Ms Rath
Violetta D'Andrea, Salma Hanano, Julia
Kubisztal, Kaya Kubisztal,

Comic book Club

Advisor: Mr.
Beauvais
Kristina Boulet,
Chiara Caucci, Lily
Christopoulos,
Emma Gobbi-Dick,
Samara Taylor-
Couchman

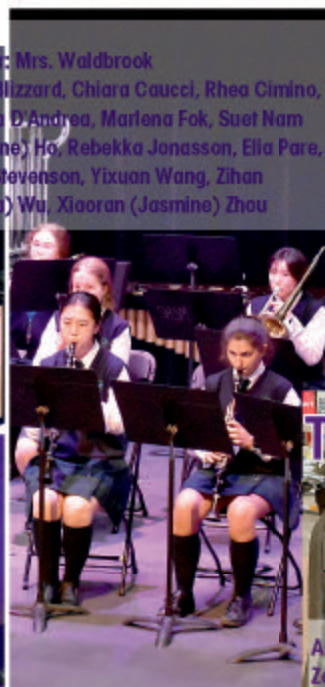


Concert Choir

Advisor: Mrs. Waldbrook
Marlena Fok, Emma
Gobbi-Dick, Sophia Elhami,
Yixuan Wang



Advisor: Mrs. Waldbrook
Olivia Blizzard, Chiara Caucci, Rhea Cimino,
Violetta D'Andrea, Marlena Fok, Suet Nam
(Jasmine) Ho, Rebekka Jonasson, Ella Pare,
Emily Stevenson, Yixuan Wang, Zihan
(Carina) Wu, Xiaoran (Jasmine) Zhou



Truth & Reconciliation Club

Advisors: Mr. McRae & Ms Jones
Konwatsenhainni Barnes, Sienna Beliveau,
Carolyn Berkling-Drouin, Paige Coveyduck, Violetta D'Andrea,
Sophia Fiore, Kaylin Montour, Grace Watatwen:niilo Mylow,
Marra Phillips, Felicia Presti

Typing Club



Advisors: Ms Harrison & Ms Zanni
Zoe Bahos, Maria Di Giovanni,
Sophia Elhami, Julia Espagna Vera,
Anaya Khan, Claire Singer

Kindness Club

Advisors: Ms Brown & Ms D'Onofrio
Mackenzie Boyle, Sara Corsi, Pak
Yung Janice Chan, Elena
Frapplier-Temcheff, Megan Maselli,
Justine Monette, Gabriella
Monticciolo, Samara
Taylor-Couchman, Madison
Wareham, Melodie Zabbal,

Bookbinding Club



Advisor: Ms Ramchatesingh
Lara Capozzo, Angelica Crescenzi, Marlena Fok, Kaya Kubisztal, Nicola Lee, Krystyna Tomiuk, Yixuan Wang, Jane (Jianqiling) Zhao

Battle of the Books

Advisor: Ms Harrison
Violetta D'Andrea, Maria Di Giovanni, Sophia Elhami, Elia Pare, Sarah Price, Claire Singer



Drama Club

Advisor: Ms Brown
Mackenzie Boyle
Siena Caprera
Vivian Cochrane
Sara Corsi
Avery D'Ambrosio
Olivia Hammer
Victoria Lee
Emily Locke
Megan Maselli
Kiera Mawhinny
Morgan McGravie
Ciara McKenzie-Tomasino
Justine Monette
Antonia Pontillo
Victoria Shemie
Isabella Triassi
Alexandra Turk
Morgan Williams

Cooking Club



Advisors: Mr. Pooyan & Ms Marchlewski
Alysa Addona, Evangelia Botsis, Mariana Cordeiro Guzman, Lucca Di Ioia, Sophia Filipchuk, Teya Konanec, Kaya Kubisztal, Kiara Lavallo-D'Andrea, Anastasia Malatesta, Megan Maselli, Justine Monette,

Photography Club



Advisor: Ms Ramchatesingh
Sarah Discepolo
Elia Pare

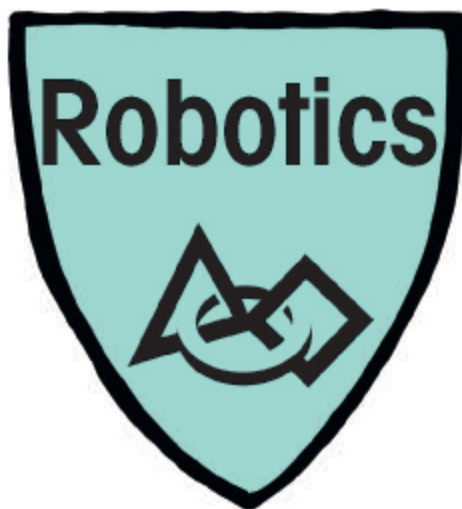
The Pulse

Advisor:
Ms Arella
Zoe Bahos
Olivia Blizzard
Maria Di Giovanni
Sarah Discepolo
Marlena Fok
Sarah Price
Yixuan Wang
Ariana Zacchigna

Art Club

Advisor: Ms Ramchatesingh
Lara Capozzo, Paige Coveyduck, Angelica Crescenzi, Sophia Fiore, Emma Gobbi-Dick, Kaya Kubisztal, Nicola Lee, Antonia Pontillo, Elisabetta Roselli, Krystyna Tomiuk, Jane (Jianqiling) Zhao





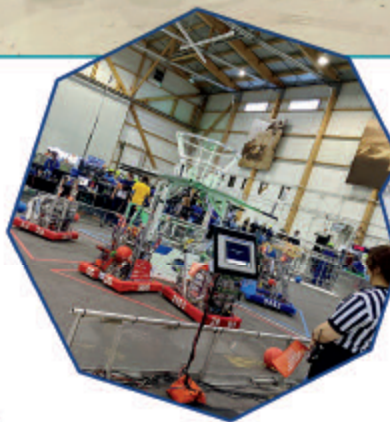
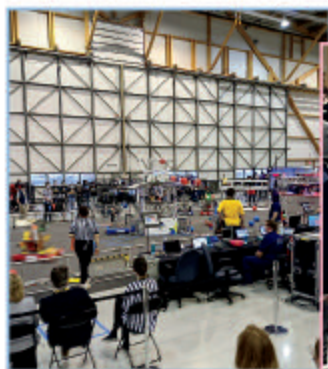
Team Members:
 Arianne Lily Odulio, Kaya Kubisztal, Maria Madison Di Giovanni, Meggie Le, Olivia Athena Hammer, Rosie Colapelle Spatari, Sofia Scalzo, Sofia Nerissa Campagna, Sophia Eleanor Elhami, Thea Blundell, Victoria Lee, Violetta D'andrea, Vivian Cochrane Watawewen:niio Grace Myiow

Advisor: Mr. Reda

Imagine

THAT

We built a robot!





Green Team



Initiatives:

Clothing Swap
Honey from the Heart
Bake sales
...

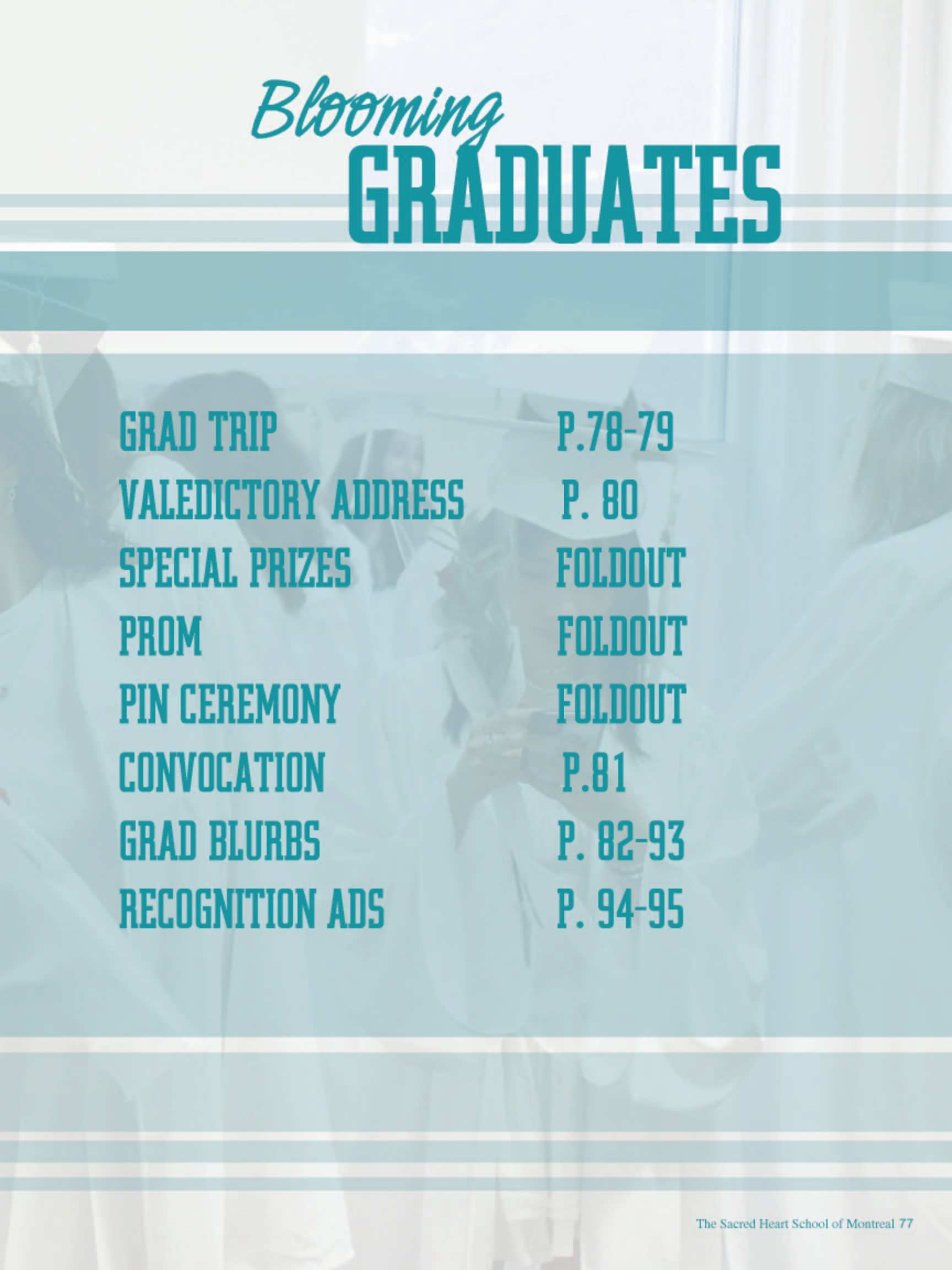


Team Members

Sofia Arvanitis, Sienna Beliveau, Carolyn Berkling-Drouin, Olivia Blizzard (senior coordinator), Chloe Blundell, Mackenzie Boyle, Annabella Brassard, Lara Capozzo, Emma Catallozzi, Chiara Caucci, Madeline Christopoulos, Charlotte Cochrane, Mariana Cordeiro (junior coordinator), Savannah Corsetti, Kiara Faith Lavallo-D'Andrea, Samantha Marino, Alik Markarian, Katya Markarian, Chiara Paolitto, Sarah Price, Justine Pritchard, Claire Singer, Tea Smeraglia, Lucy Tretiak, Marianna Triassi, Jacqueline Vincelli, Morgan Williams, Cassidy Wilson, Suah Yoo, Ariana Zachigna (senior coordinator)

Advisor: Ms Lantosh





Blooming **GRADUATES**

GRAD TRIP	P.78-79
VALEDICTORY ADDRESS	P. 80
SPECIAL PRIZES	FOLDOUT
PROM	FOLDOUT
PIN CEREMONY	FOLDOUT
CONVOCATION	P.81
GRAD BLURBS	P. 82-93
RECOGNITION ADS	P. 94-95



Grad Trip!





Toronto and Niagara Falls - May 2022





Chiara Paolitto: Valedictorian

Good afternoon faculty, staff, guests, families, and especially my fellow graduates. I'd like to start off by saying that it is a great honor to be standing in front of you today. And to be representing the Class of 2022. A grade filled with exceptionally smart, talented, and determined individuals. When I first found out I was going to be this year's valedictorian I was, you guessed it, nervous. I wanted to present nothing but the best speech for us. Because, let's be honest, looking around, not only are we one of the best looking graduating classes ever, but we are also one with an incredible story to tell. These past years have been filled with so many ups and downs, challenges, memories, and good laughs. And all of it has truly brought our small grade together in a unique way.

So. Five years. Where do I even begin?

Alright, let's rewind to sec one orientation. Do you remember how we started off sitting on this chair in front of our grade with a Harry Potter hat being waved over our heads? Then, that year's prefects recited these seemingly random names that meant nothing to us at the time, like "Du Rousier, Hardey, Digby, and Trincano." The first day of school came around and we were all in for a bit of a shock. We now call him Mr. Beauvais, by the way.

we all trudged through the "Penfield Doors," which led to a land where what we used to call recess became "detente," among other baffling customs. It was also where this iconic, scary looking man roamed the halls and peered through our classroom doors. We now call him Mr. Beauvais, by the way. Secondary one was a big year of firsts, for all of us. First General Assembly, first lunchtime prayer, first House Meeting, first Sports Day, first Girls for the Cure, first Community Service day, first Spirit Day, first Christmas Wishes, first Dashabustadd, first Carnival and Mountain Day. The list was long. Sacred Heart was a drastic and at times daunting transition for us. But eventually, we grew comfortable in this environment. And formed a small community, a home.

Honestly, the first few years at Sacred are now a bit of a blur for me. Though, aside from the Fortnite and Granny phases, there is one particular date I remember vividly. Our parents, and teachers, may too - unfortunately. December 13, 2018. The secondary 2 Christmas performance - let's face it, it was a screech fest! I honestly don't know how we got a round of applause - maybe everyone was just happy we were done! Let's just say band and 2B were not a match made in heaven.

Fast forward to secondary three, when all of our lives hit a wall that seemed impossible to climb. Too long to go around. And too deeply rooted to dig beneath. What started as an extended March break turned into online classes for pretty much the rest of the year. Google Meet was by far both the easiest way to get away with whipping out your phone in "class," and the most frustrating software to use. I think we should all bow our heads, and have a moment of silence. For those of us who had to log onto Meets. With a Chromebook. Now THAT was rough. Let's be honest, we all took advantage of the teachers who were not technologically savvy. Oh, weren't we totally devastated when we couldn't see Ms. Lantosh's screen, or when Ms. McIvor's mic wasn't on? And let's not forget the wifi "issues" we all had that conveniently made us late to class or unfortunately have to take an early lunch. Not gonna lie, the online school procedure at the very beginning of Covid was pretty sick. We were chilling! Thirty-minute long periods with only enough time for questions and minor homework assignments. We even finished at noon every day, and at one point were graded on 5 - good times! Why are we even allowed to graduate?

Eventually, summer rolled around and we felt like this Covid thing could finally become a distant memory. Until we were thrust into secondary four classroom bubbles and given a Sacred Heart hand sanitizer and a white, plastic door opener that I never saw anyone figure out how to use. Interestingly, as much as the bubbles may have unfortunately kept some of us apart, they also brought many of us closer together. Being stuck in a room with the same people every day meant many of us got to know each other better. We shared many special moments together and created bonds that probably wouldn't have been possible if it weren't for these bubbles. Plus, we found ways to entertain ourselves: whether it was making TikToks, playing Among Us and Un Elephant in a huge circle, or even watching Kieran spin around in front of the class and collapse. So, yes, Covid during high school was hard. It still is. But we pulled through. We did make the best of it. And we came out of it stronger as a grade.

Fast forward to secondary five, which was thankfully the closest to a real school year since prior to Covid. No more bubbles, no more masks, and full school events? Not quite, we still had our challenges, but like previous years, we made the best out of what we were fortunate enough to receive.

The secondary five retreat was like no other. Nope, we didn't play ringette in a church basement. And we didn't go to a sleepaway camp. But guys! We did play capture the flag, in Mount Royal Park! And we took all those lovely pictures of acorns and leaves! Still, it was better than nothing, right?

And then came Toronto. Which started off as Europe. And then Western Canada. And finally Ontario's capital city. To be honest, I was convinced at that rate we would be taking a walk in Westmount for our grad trip and calling it a day. But we got something, and it was definitely a trip to remember.

I really don't think I would do our Toronto trip any justice if I didn't bring up Medieval Times. You know how Mr. Gallo always says "it's all fun and games until somebody loses an eye?" Well, let's be clear, nobody lost an eye. But it really was all fun and games until Campbell's soup was served in what looked like a bleach bottle and we had to eat raw chicken with our fingers. Aside from the hair in April's chicken and many of us getting sick from the food, I think my favorite story of this night was seeing Sienna's search history after the show. "Why do horses salivate? What does it mean if a horse is salivating? Are horse tranquilizers harmful?" But it was an experience to remember nonetheless. And looking back, it was quite hilarious. Plus, some grads called it, and I quote, "the best day of their life." Right, Felicia?

People kept telling us over the years that our time here would fly by. And I think for many of us, it wasn't until this year, or even these last few months, when we realized they were right. As opposed to sec one, sec five was a year of many lasts. And although these lasts may seem poignant, they are also what made this year so special, memorable, to be cherished.

We have so many people to thank for getting us to this point, in our caps and gowns. And shaping us into the wonderful, unique individuals we are today.

I think it's safe to say that we wouldn't be here without our teachers. The student-teacher bond at Sacred Heart is like no other. I honestly don't think that other schools have teachers like Ms. Lantosh, who let a handful of us take over her classroom and crash her lunch breaks and free periods to talk about literally everything. Or like Mr. Reda, who has an incredibly open mind. No, seriously. I have no idea how we convinced him to have that many email-reading, just dance, Buzzfeed, or Mean Girls free periods in Calculus. Or like Mr. McRae, who shared so many funny stories with us. Or even like Mr. Pooyan, who has made every chemistry period a unique learning experience. Whether it be through a Redox song, a game of Jeopardy, or even a story on reaction rates about some dude named Umfoomfoo.

And yes, Mr. Gallo, don't worry. You're a pretty good teacher.

And of course, we can't forget about our teachers that left Sacred Heart far too soon. Ms. Gendron, Mme de Sainte-Marie, Mme Tang, and Ms. Artinian, you have also contributed tremendously in shaping us into who we are today. And with some, we are sharing the same last days here at Sacred Heart. Ms. McIvor, Mme. Cyr, and Ms. Lessey, you will all be missed by our close-knit community. Our teachers have always gone above and beyond in making sure that we not only understood classroom material, but also in ensuring that we would be prepared for the real world outside of high school. We may not realize it now, but all of the lessons, assignments, evaluations, and even Phys. Ed. sports have been cumulatively preparing us for the challenges that are to come our way in the near future. There will be tests that may not be within a classroom. Who knows, maybe Groundhog Day may actually be useful someday.

Sacred Heart would also not be the same without our support staff. Mr. O'Donnell, you always knew all our names and greeted us with warm smiles. Ms. O'Donnell, whether it was ice packs, band aids, quilt pins, or even Werthers and Lifesavers, you were always there to help us with just about anything we needed. Ms. Maloni, your academic support throughout the years has been greatly appreciated. Mr. Gedi and Mr. Ward, you always keep our school safe and running smoothly.

So thank you, all of you, for making an everlasting difference in our lives.

I'm sure all of us can agree that we owe a lot of our accomplishments to our parents, too. So parents, thank you. From the bottoms of our hearts. For always being there for us. For the warm hugs, the shoulders to cry on, the super cringey dad jokes, the meaningful advice. And for all the chaperoning to sports games and tournaments, the last minute project and SSX supply runs, and for giving us that boost of motivation and encouragement when we felt things were just too difficult to overcome. Thank you for just being there. For listening. And supporting us. Sometimes that was all we really needed. Some of us may not say it often enough. But we love you and appreciate you more than you may ever know. And you have a lot to do with getting us to this point, in this auditorium, receiving our diplomas.

And finally, thank you, graduates. For making this time at Sacred Heart so special, so memorable. Our grade would not be the same without each and every one of us. We have all contributed so much in making this place our home for five years. Whether we spearheaded a physics problem, were a Harry Styles aficionado, wore cowboy boots to school, cut someone's bangs before Girls for the Cure, gave skincare advice, threw stuff down the teacher's staircase, brought the craziest snacks to class, gave the best - or worst - advice, or shared our latest overnight oats recipe, we have made the Class of 2022 what it is today. And I thank you from the bottom of my heart for that.

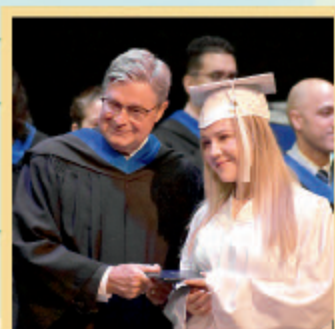
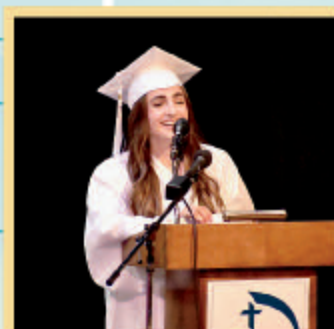
So, we now find ourselves walking out of the Penfield Doors, five years later. Except, a lot has changed since our entry. We have grown into strong, mature, independent, and capable individuals. Our paths may look very different from now on. But as long as we are happy and doing what we love, that's all that matters. I know that we will all leave our marks and will make this world a better place.

Yes, our time here has come to an end. But not this bond we created. We may be going our separate ways, but that doesn't mean we need to forget each other. Our Sacred Heart community will always be here to support us, and we will always be here for each other. So, this is not good-bye. But rather, see you soon.

Thank you.

Convocation

*"Education is our passport to the future, for tomorrow belongs to the people who prepare for it today."
—Malcolm X*



"Your education is a dress rehearsal for a life that is yours to lead." —Nora Ephron

Stefani Anania



"Hannah Montana said nobody's perfect, yet here I am. Follow your heart for it will determine the course of your life. Be bold, try new things, live your truth. Otherwise you will get lost in the sauce and no one wants to get lost in the sauce."

MLT change the world.

Sofia Arvanitis



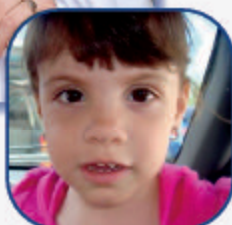
Amor fati

MLT be online.



Class of **2022**

Kristina Boulet



"Sasuke and Naruto should've ended up together."

MLT binge an entire anime series in one night.

Chiara Caucci



"Do you smell it? That smell. A kind of smelly smell. The smelly smell that smells... smelly." - Mr. Krabs

MLT accidentally kill her pet.

Sienna Béliveau



"Guys, it's past my bedtime."

MLT get lost in her own house.



Madison Bériault



"If my mouth doesn't say it, my face definitely will."

MLT be laughing.



Class of 2022



Madeline (Lily) Christopoulos



"I missed the part where that's my problem." - Peter Parker, Spider-Man (2002)

MLT run away from you to avoid spoilers.



Rhea Cimino



"The thoughts of a prisoner - they're not free either. They keep returning to the same things." - Solzhenitsyn

MLT inveigle the phantom of Nietzsche into a conversation with the ghost of Thatcher and Sylvia Plath.

Amelia Coates



Go get 'em Tiger! :)
Thanks JD, CC & the lounge couches for
getting me through the last few years!!

MLT arrive late to school even though she lives 5 minutes
away.

Charlotte Cochrane



"Thanks to the grads of 2022 for making high
school so memorable, and special thanks to SH,
JD, and AC, The cast of Lucas Orion, class
IVB, the Starbucks at Guy-Concordia metro,
and Mme. Pagette. You will be missed!"

MLT burst out in song while walking to class.



Class of 2022

Brenna D'Ambrosio



"I don't always have time to study, but when I do... I
still don't."

MLT become a Westmount mom.

Olivia Diamantopoulos



At 11 years old, I made a very definitive decision, and my
decision was that I wanted to be happy. Above and beyond
anything I ever did in my life, I wanted to be happy."
(G.H.)

MLT have a laugh funnier than the joke itself.

Chiara Colafabio



"The only great memory I have from high school is when a teacher fell from his own chair. #gallothings"

MLT study for a quiz two weeks prior.

Taryn Costigan-Coleman



You shall eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you. Psalm 128:2

MLT be late for school.

Class of 2022

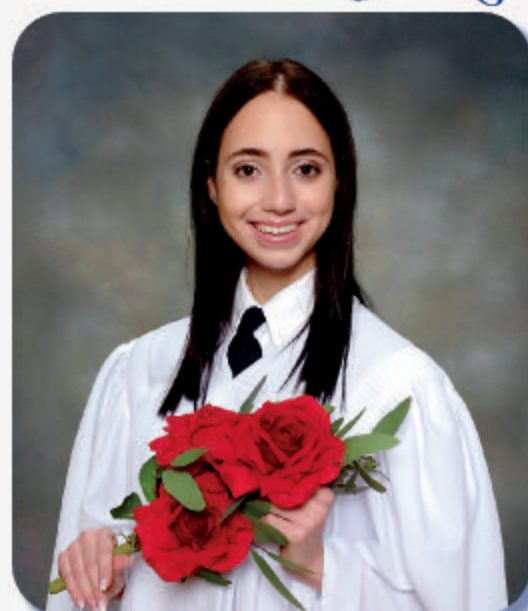
Jenna Downey



"Nothing's ever impossible"
- High School Musical

MLT talk in a British accent when she's uncomfortable.

Lisa Marie Fazio



"Just a reminder that this class is now being recorded. Anything you say can and will be used against you in a court of law." - David Reda, a true legend

MLT go missing in action.

Mikayla Forlini



"It is not wanting to win that makes you a winner, it's refusing to fail."
- Peyton Manning

MLT go through 4 locks and many chromebooks in 1 year.

Kieran Grigat



"I may be a senior, but so what? I'm still hot." - Betty White

MLT fall asleep in class.



Class of 2022

Suet Nam (Jasmine) Ho



"I've learned so much these past 5 years and I've been growing up every day. There's still a long way for us to go and I'm looking forward to every adventure in the future. We're all in this together!"

MLT buy all the matcha green tea flavoured ice cream in the world.

Erika Torio



"What a day! Nothing happened and I was tired."

MLT be late to class.

Salma Hanano



"You can't just give up! Is that what a dinosaur would do?" - Joey Tribbiani

MLT voluntarily bake food for the whole grade.



Emma Heguy



Sacred made me understand what Taylor Swift meant by "I'm only seventeen I don't know anything."

MLT: binge read a Colleen Hoover book



Class of 2022

Li (Jackie) Fiang

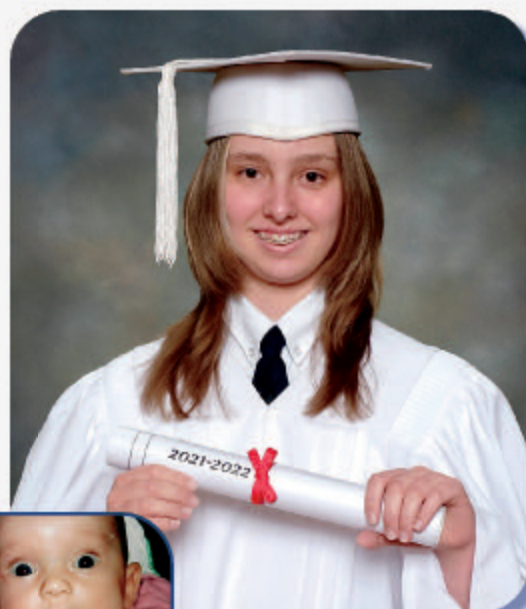


I graduated.. I didn't go to this school from Sec 1, I only spent three years with everyone. Three years is neither too much nor too little. Many, many interesting and unforgettable things happened in these three years, and everything is enough to leave traces in my memory. Parting is not permanent separation, but for the next meeting.

MLT: be stuck overseas.



Rebekka Jonasson



"I have a lot of patience, except when it comes to chocolate."

MLT spend the whole day reading.



Penelope Karounis



"Take my name and do it squared."

MLT get caught putting on makeup on the 1st floor.

Julia Kubisztal



I want to thank the cafeteria muffins for getting me through the year.

MLT scavenge for leftover pizza crust.



Class of 2022

Immacolata Lombardi



"Bro I literally had to think of something to write but I can't think of anything. Can I hand it in tomorrow?"

MLT. wait um what was I supposed to say again?

Samantha Marino



"How lucky am I to have something that makes saying goodbye so hard." - Winnie the Pooh

MLT break her phone the day she gets it.

Zoe Lambroulias



"I survived high school with 200 absences."

MLT procrastinate.



Meggie Le



You shall eat the fruit of the labor of your hands;
you shall be blessed, and it shall be well with you.
Psalm 128:2

MLT: be a nun.

Class of 2022

Keisha Marshall



"I'm Switzerland."

MLT lock herself in a room before
an important event.



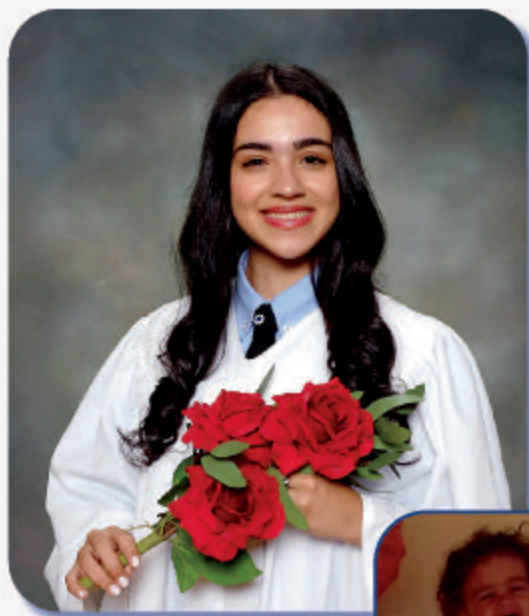
April McLeod



My best advice to all you brilliant girls is to
follow your heart. Don't give up if things
aren't going your way. Work hard, keep your
heads high and good things will come. Be as
involved in the school as you can be; it's a
blast. Do as many sports as possible so you
get to wear gym uniform all year long ;)

MLT: run a marathon in the middle of the night.

Lorena Migliorelli



"After all these years... I still get out of breath at the top of the staircase."

MLT be the mom of the friend group.



Ocean Mossey



"Avengers Age of Altron, 00:05:10."

MLT recite lines from Seinfeld.



Class of 2022

Chiara Paolitto



"Is this going to be on the test?"

MLT be interrupted and ignored by Mr. Reda (aka Sir).



Victoria Paquette



You shall eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you. Psalm 128:2

MLT: be a nun.



Olivia Odorisio



"If you ever feel like you can't, just remember Pitbull's been there, done that."

MLT end up being CEO of Aritzia.

Sarah Pani



"No longer a Villa-n" - DR

MLT be a hockey mom.

Class of 2022

Elia Paré



"We're almost there and nowhere near it. All that matters is we're going." - Gilmore Girls

MLT beat anyone in Just Dance!

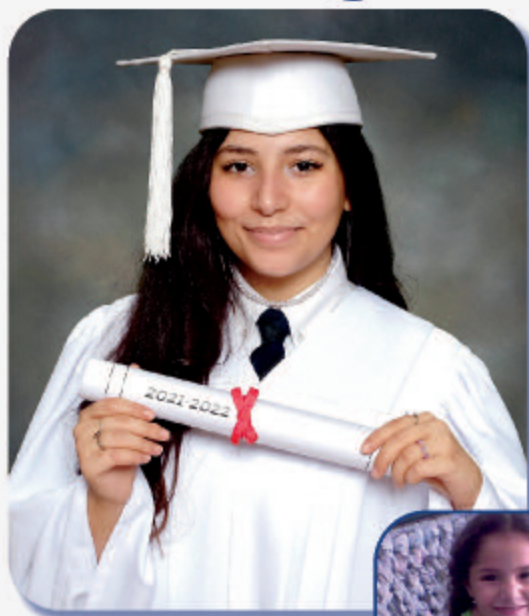
Felicia Presti



"Treat people with kindness."

MLT become an American.

Mariam Ramlawi



"No, I am not banned from Jean Coutu."

MLT get called "mommy."



Simona Ranieri-Thompson



"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."- Ferris Bueller

MLT wear pyjamas to an event.



Class of

2022

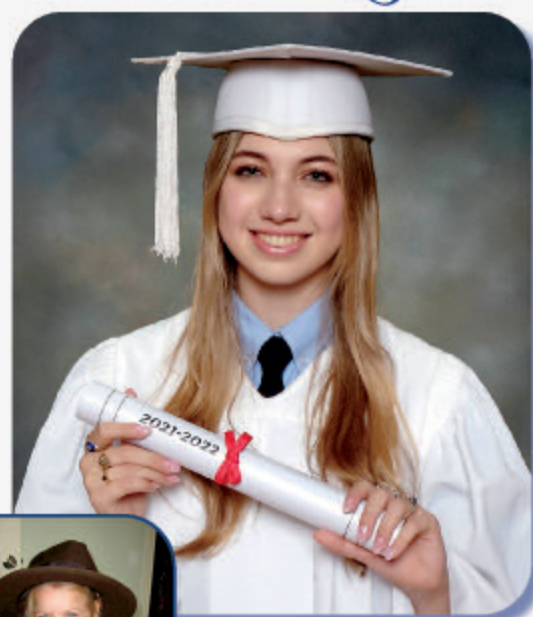
Lucia Vizcaino De La Infiesta



You shall eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you. Psalm 128:2

MLT: be a nun.

Méganne Zabbal



"In Google Translate we trust."

MLT forget she's a prefect.



Sabrina Roberts



"What, like it's hard?" -Elle Woods,
Legally Blonde

MLT be late for first period.



Sofia Sadurni Cossio



"In the end, I want to be able to say
I've been around the world."

MLT be late even though she lives in the
school.



Class of 2022



Xiaoran (Jasmine) Zhou



You shall eat the fruit of the labor of your hands; you
shall be blessed, and it shall be well with you. Psalm
128:2

MLT: be a nun.

Congratulations Graduates!



Mikayla Forlini



Mikayla, your graduation is a wonderful achievement, giving those who know you even more reason to be impressed by all you've accomplished. We are proud of you and for all the ways you've grown. We are grateful to call you our daughter!

Love,
Mom & Dad
XXXX

Zoe Lambroulias



Congratulations Zoe! We're so proud of you and the person that you have become! You have always made it so easy for us to love and to raise you. Even during the most difficult times, you would try to make the best of these situations and you would never make a fuss. We are so lucky to have you in our lives. You have a fun, loving personality; you work hard and you persist at what you do. As you grow, continue challenging yourself and be "unafraid" of being your true self. Treat yourself as you would your best friend and accept to feel comfort in your discomfort. We love you very much Zoe; continue having a wonderful life!

Love always,
Mommy, Daddy and Vassili

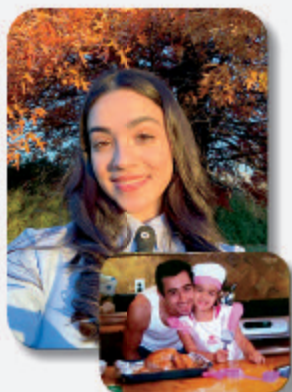
Chiara Colafabio



WE'RE SO PROUD

Our Dearest Chiara,
We could not be more proud of the confident, young lady you have become over the five years at Sacred. We know that you can do anything you set your mind to.
We love you very much and can't wait to see what the next years of your education will bring. We know that you can do anything you set your mind to.
The World is Yours!
We love you very much,
Mom, Dad, Giuliano and of course Mia

Lorena Migliorelli



WE'RE SO PROUD

It feels like yesterday that you were that energetic little girl running around, curls bouncing freely. To a dedicated hard working young woman, you have demonstrated your determination and that your capabilities are endless. We are so proud of you our little butterfly. Spread your wings and fly freely, Mom and Dad will always be the flower for you to rest upon to recharge your wings and hold you up when you need!! Congratulations Butterfly we LOVE you so much!!!

You already have
everything you need inside
of you right now, today.

- Alicia Keys

Go into the world and do well.
But more importantly, go into
the world and do good.

-Minor Myers Jr.

The bad news is time flies.
The good news is you're
the pilot.

- Michael Altschuler

What you get by achieving
your goals is as important
as what you become by
achieving your goals.

-Zig Ziglar



Olivia Diamantopoulos



Dear Olivia,
Congratulations on your graduation and continued success in your education and future career. Aim high!
Love,
Mom, Dad, Amelia and Bailey

Sarah Pani



Dearest Sarah,
We remember your first day at Kindergarten as if it was yesterday, and now here we are! Time goes by so fast! The journey has had its ups and downs, but you have become a better and stronger person for it. We are so proud of who you are. Congratulations on succeeding in this major step in your life. Your future is very bright and your family will be there to support you every step of the way. We love you so very much!
Mom, Dad and Matteo

Jenna Downey



Congratulations, Jenna!!

It is hard to believe five years have gone by so quickly. We are so incredibly proud of your accomplishments, but more so of the strength, perseverance, and resolve with which you approached your journey at Sacred Heart.

Your beautiful smile, gentle nature and big heart touch everyone around you and we are so proud of everything you accomplished in school, on the field and in all your interactions. Your sense of humour brightens every room and makes everyone smile around you. We cannot wait to see what the future holds for you!

We love you!!
Mom, Dad and Caitlin
xox



*“The two hardest things to say
in life is hello for the first time
and goodbye for the last.”*

- Moira Rogers



Jostens

Published in Canada
Printed in USA

And so we raise our hats



And say goodbye



